

spotlight on members

Spotlight on Members gives us the opportunity to hear about what our members are up to today, as well as how they found their way to Natural Hygiene. If you're interested in sharing your own story, we'd love to hear from you (please email essays of no more than 500 words, and one or two photos, to info@healthscience.org).

Dale and Dotty Fox *Holliston, Massachusetts*

Dotty and I have been married for almost 43 years, and we have had an interest in health ever since the beginning of our life together. We met in a rooming house in Wellesley, Massachusetts. Both being from New Jersey, we were looking for ride sharing and had noticed each other's automobile in the driveway; and that started it all.

Our entrance into health began one day while reading the ingredients list on a package of bread. We wondered if it was good to eat if the ingredients were hard to pronounce and had so many syllables. Starting a family with twins seemed a good time to make a full break from the foods that claimed the lives of many in our extended families. When Wonder Bread and Velveeta cheese were all the rage in the seventies, we were serving our children homemade bread, plain yogurt, and cod liver oil.

Since then our tastes have evolved. We eliminated animal products from our diet, and these days our meals consist largely of raw fruits and vegetables, kale and dark leafy greens (in salad and juice form), soups made with beans and lentils, and cooked vegetables served with brown rice. Nuts, seeds, and plain popcorn provide crunchy munchies that appeal to us and our five grandchildren when they visit.

We have experimented with various meal plans over the years; Dotty followed a strict raw diet for 18



Dotty and Dale Fox

months. In 2012 she was diagnosed with celiac disease and Grave's disease (an immune system disorder of the thyroid gland), most likely the causes of her lifelong, chronic migraines. Because of her diagnoses, it has become essential to her health and well-being that she follows a diet free of animal products and gluten. Unfortunately, this shift didn't relieve Dotty's migraines, but this was never a reason to discontinue our healthy diet.

Nowadays, we are in pretty good shape for people in our age group. We work in jobs that do not involve a lot of physical activity, so we make a point to walk every day. Winter presents challenges but we usually go out anyway. We are both active in our church, serving on the hospitality

team, and we enjoy gardening and the outdoors in general.

Moderation has been the key to our success. When we travel or are guests in someone's home, we try our best to keep to a nutritious diet within the health guidelines we follow. However, recognizing that relationships with people are indeed more important than food, we graciously accept the food that is placed before us and then get back to a wholesome diet once we are back home.

Dotty and I are Century Club members who have been with the NHA since at least the year 2000. Your magazine has offered valuable insight and delicious recipe suggestions that keep us feeling inspired by our food choices. Keep up the good work!

Nicki Berndt

Houston, Texas



When I was two years old I developed a severe case of eczema, with a bleeding rash covering my body. Medical doctors had tried to heal me, but they were unsuccessful and my condition worsened. My dad, Dr. Erwin Rappaport, was in chiropractic school at the time and had met a naturopathic doctor who said he could help me get well.

The first thing the doctor suggested was to change the combination of foods I was eating. I ate a healthy diet but it turns out I was reacting from improper food combinations (such as bananas with oranges). The combination of acid and starchy fruits was causing an overly acid environment in my body, causing my eczema. After learning about this, my parents gave me meals that were properly combined (just as Dr. Shelton prescribes).

My dad had a clinic in Chicago, and my mom, Esther Rappaport, helped as his assistant. He taught people about proper nutrition, rest, fresh air, exercise, and elimination. Patients came to him to get well without the use of medications. He fasted those who needed it and taught people about eating a healthy diet. I

remember one woman who had cancer, and my dad put her on a fast and got her onto the right diet, and in time she recuperated and recovered. She was so grateful to my dad that every Christmas after that she sent him a crate of oranges or grapefruit.


My dad started following Dr. Shelton completely. He and my mother would periodically fast at Dr. Gerald Benesh and Dr. William Esser's

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health resorts. When my mom developed a goiter, dad fasted her at home for 30 days, and it cleared up. Another time she was diagnosed with tumors on her uterus, and her medical doctor insisted that she have immediate surgery. Dad and mom decided to forego the surgery and fasted her again for 30 days, keeping in touch with Dr. Shelton for advice as they went through it. When she recuperated and went back to her

doctor, he said it was a miracle that her tumors were gone.

Growing up, my lifestyle was very different than that of my friends. I was constantly questioning my dad about natural hygiene because I often had to defend my lifestyle. For example, people didn't understand why I hadn't been vaccinated. When I did get a fever, I went on a fast for a couple days and then recuperated. As an adult, I went on to the University of Illinois in Champaign, and graduated with a Bachelor of Fine Arts, to teach art in public school. I also raised my son and daughter hygienically without medication or vaccinations.

About 17 years ago I fasted with Dr. Alan Goldhamer for 19 days. It was a wonderful experience. I have another trip planned for this June, for preventative care and a couple of weeks of rest and good food. I'm so fortunate that my dad learned about and taught me such a wonderful way to live and maintain health: letting the body take care of itself. 



Left to right: Nicky Berndt's husband Justin, daughter Stacy, her daughter Sarah and Nicky.